

# TIPS TO TRIM THE FAT FROM YOUR DIET

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**W**hether you are trying to watch your weight or control fat and cholesterol to reduce your risk of heart disease, these suggestions might make it easier to trim the fat from your diet. Remember, there is fat naturally found in food. Good examples include, meats and dairy products like cheese. But we also add many fats to our food when we add gravy to potatoes, cream in coffee and butter to toast. We also like to eat foods that are made with fat such as cookies, cakes, doughnuts, pies, crackers and candies.

- ✦ Use nonfat or skim milk instead of whole milk
- ✦ Use powdered sugar instead of cake frosting
- ✦ Use plain low-fat yogurt instead of sour cream
- ✦ Use milk instead of cream in coffee
- ✦ Try sorbet or ice milk instead of ice cream
- ✦ Try reduced or fat-free cream cheese instead of regular
- ✦ Try reduced fat cheeses instead of full-fat cheese
- ✦ Use skim milk and cornstarch for sauces instead of whole milk, cream and fats
- ✦ Use plain low-fat yogurt instead of mayonnaise
- ✦ Try angel food cake instead of yellow or pound cake
- ✦ Try a low-fat muffin instead of doughnut
- ✦ Try Canadian bacon instead of pepperoni, sausage on pizza
- ✦ Chill soups and skim fat before reheating and serving
- ✦ Grill or poach meats instead of frying
- ✦ Limit use of commercially made baked products
- ✦ Use no more than 5-8 teaspoons of fats/oils per day
- ✦ Limit high fat meats and dairy product to 3 times per week
- ✦ Limit intake of fast foods
- ✦ Increase intake of mono- and polyunsaturated fats
- ✦ Use only low fat or skim milk, reduced fat cheeses
- ✦ Trim all visible fat from meats
- ✦ Skin all poultry before cooking
- ✦ Watch out for high fat snack foods
- ✦ Eat more soluble fiber (oat, rice bran, legumes, pectins)
- ✦ Adopt a regular, moderate exercise program.
- ✦ Eat more fish rich in omega 3 fatty acids
- ✦ Eat five servings daily of fruits and vegetables
- ✦ Serve a baked potato instead of french fries